



CUTTING-EDGE QUARTERLY



Rev. Phylis Clay Sparks

Don't Put on the Brakes!

By Rev. Phylis Clay Sparks

Those of you who know me have heard me say "Don't put on the brakes!" many times. This advice continues to be some of the most important I can give to the person aspiring to a happier, more fulfilled and joyous experience of life.

As you're cruising along the highway in your car going 60 mph, you wouldn't think of tromping on the brake pedal for no apparent reason. To do so could cause a dangerous situation for you and the

other cars on the road. And yet most of you think nothing of bringing your progress to a screeching halt right in the middle of your best shot at your dreams or goals.

How does this happen? By allowing your powerful mind to think ideas such as, "This is getting too big for me to handle," or "This is too good to be true." Just the other day I heard someone say, "This is amazing! I can't believe things are going so well. I keep waiting for someone to walk in and tell me it's all just a big joke." Such comments are a pretty good indicator of what's going on in the belief system. And the belief system is always supported by the spiritual law – "It is done unto you as you believe."

You are a powerful being that can design your experience of life however you choose. In fact, you're doing just that all of the time. I'm not saying that you create every circumstance - but you do create your *experience* of that circumstance. You create your flow of good by thinking the highest thoughts, feeling the highest emotions, believing the highest truth, and acting in the highest way. When your flow of good starts, don't destroy it by putting on the mental and emotional brakes.

Start noticing your words. Pay attention to what you say in response to the good that's flowing in your life. Make sure you think and say things like, "This feels good – keep it coming!" or, "Thank you God, your love is graciously accepted." And you know what? You'll do a much better job at running your life – and driving your car.

With Love and Blessings of Peace,

Phylis Clay Sparks is an ordained minister, and the Spiritual Director of The Soul-Esteem Center. She is a graduate of Washington University in St. Louis, and the Ernest Holmes College, School of Ministry in Orlando, Florida. She is a professional speaker, teacher, artist, workshop facilitator, spiritual counselor and author.

Summer 2000

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... for Practical Spirituality

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We welcome all submissions and ideas. Please submit to Gary Heebner by E-mail: gheebner@brick.net - or fax: (314) 275-7720. We reserve the right to edit material, and will seek approval of edited copy from the author before printing. The deadline for all submissions in the next issue is August 1, 2000.

The Soul-Esteem Center

... for Practical Spirituality

is an independent, transdenominational spiritual community, coming together to explore spiritual truth, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles in everyday life. We have no religious doctrine or creed. We are focused on the oneness of all life, the healing power of Love, and the co-creative relationship between God and the individual.



The Soul-Esteem Center for Practical Spirituality

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NOTES FROM THE EDITOR

Great Expectations

By Gary Heebner

It's only June, and this has already been one of the most memorable years I can remember! We entered 2000 with great expectations for The Soul-Esteem Center, and our beliefs have unfolded with so many miracles. We have sponsored a great number of courses, workshops and seminars and had a lot of fun and fellowship along the way. Author and speaker, Alan Cohen, recently spent time with us at both our Sunday service and in a workshop on *Living from the Heart*. Later this year, in November, we will be hosting best-selling author, Gary Zukav, as he presents a seminar on *Spiritual Partnership*.

All of these miracles, both large and small, come from the beliefs and actions of the many wonderful people in our spiritual community. We would not be in the present moment if we did not say "thanks" to the many individuals who have made all this "wonder" a reality.

As we move into the second half of this incredible year, we need only to know that our deepest desires and wishes are possible and will become our reality. We need to know that when we surrender to God and live in the present moment, all is taken care of.

Gary Heebner is president and owner of Cell Associates, a marketing consulting firm serving the scientific industry. He is an active participant in the Soul-Esteem Center and is Editor of the Cutting Edge Quarterly newsletter.

The Soul-Esteem Center presents

Arhon

As Channelled by Lee Carroll

July 23, 2000



Lecture and Live Channelling

2:00 pm - 6:00 pm

Reserved Seat Tickets \$85



At 105 Progress Parkway, Maryland Heights, MO
For tickets or more information call (314) 576-5508

E-mail: soulmathnow@aol.com

Website: www.soul-esteemcom

BOOK REVIEW

Seat of the Soul, by Gary Zukav

Reviewed by Nancy Bardenheier

Gary Zukav, in his national bestseller, *Seat of the Soul*, delivers an insightful, compelling and well-organized presentation of the concepts of evolution, power and energy as they relate to the soul and the human experience. Zukav asserts that the human species is at an exciting, pivotal point in its evolutionary journey, as evidenced by the significant transitions from a five-sensory to a multi-sensory modality and from the pursuit of external power to the increasingly appropriate goal of authentic power.

Our species has historically relied on the five senses to determine value in this world. We have deemed anything which pleases the five senses as valuable and desirable and therefore, worth acquiring; this is based on the logic of the mind which Zukav contends is what governs the five senses. The mind, then, has been the impetus of evolution toward external power, or power over aspects of our physical environment. In contrast to this traditional paradigm, is a multi-sensory modality which features the heart, or intuition, as the driving force toward authentic power. This equips us to understand and appreciate the complementary roles of the personality and the soul in achieving authentic power. Authentic power is a gentle, loving, secure “centeredness” cultivated deep within which allows us to experience the joy, beauty and deep meaning of life as fully as possible, free from judgment, fear and limitations.

Our evolution toward authentic power unfolds through the continual process of the reincarnation of the soul’s energy into physical form. Every choice we make as humans moves us closer to either the personality or the soul. When we choose responsibly, allowing the higher self to determine our actions, we create positive karma and our authentic empowerment is attained consciously - through wisdom and clarity which are core attributes of the soul. When the splintered parts of our personality, such as jealousy and hatred, dictate our decisions, we create negative karma, still learning our lessons, but much more slowly and painfully.

Significantly, one very symbolic type of relationship to emerge from the desire to live a soul-empowered life is a spiritual partnership. A spiritual partnership is an appropriate expression of authentic power, Zukav contends, in that each partner focuses on spiritual growth vs. materialistic or physical enrichment. This paradigm is in contrast to the traditional institution of marriage which grew out of a need to achieve physical security.

These metaphysical concepts are just a sampling of the many related ideas, which Zukav masterfully treats in his cutting edge work, *Seat of the Soul*.

Nancy Bardenheier enjoys the expression of spirit through the vehicles of language and live music. Professionally, she is a corporate travel agent. She is also an editor of The Cutting-Edge Quarterly, and an active participant at The Soul-Esteem Center.

A Sunday Service for the NOW Age !

The Gathering

Presented by

The Soul-Esteem Center
For Practical Spirituality

Sundays, 10:00 am

Sunday Services held at

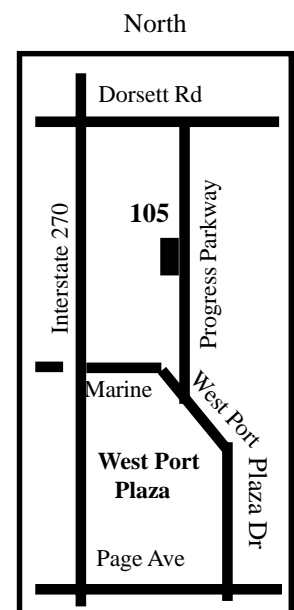
105 Progress Parkway, Maryland Heights, MO

(East of I-270, midway between Westport Plaza Dr. and Dorsett Rd.)

Join us as we come together in reverence to God, in a casual and loving atmosphere. We welcome all people regardless of their gender, race, nationality, or religious background. The service includes a metaphysical message, prayer, guided meditation, music, and background video.

**A Course in Miracles
Study Group 9:00 am**

**Children’s Circle
Teen Group
Toddler Care
10:00 am**





Living From My Heart With a Little Soul Story

By Chris Bryant

Recently Alan Cohen reminded me that we must be “Living From the Heart”, and Gary Zukav’s new book reminds me that as we do this, we all have “Soul Stories” to tell. This is mine.

Two years ago I was like so many others. I had a former spouse to whom I could not speak with any sense of kindness. It’s not like that anymore, and I can remember exactly when this shift began.

I was visiting my daughter, Angie, in Portland, Oregon. She was in tears as she hung up the phone from talking with her dad. She began to tell me what was wrong. When she finished, I said, “It’s time to put what we believe into practice.” I reminded her of the story told by Neale Donald Walsch in his book, *The Little Soul and the Sun*. In this story, the Little Soul tells God he wants to *be* the Light, and experience itself as the Light of Forgiveness in its next lifetime. God arranges this scenario with the help of a Friendly Soul who volunteers to incarnate with the Little Soul, lower its own vibration, and give the Little Soul something to forgive. But one request is made by the Friendly Soul: “When I do this dastardly deed, you must do something for me in return. You must remember who I really am...because I will have forgotten.”

I told Angie, “It looks like your dad volunteered to be the Friendly Soul, doing the “dastardly deed” so that you can be the Light of Forgiveness in this lifetime. But you have not lived up to your end of the bargain. Both of you have forgotten who he is as a beautiful child of the Light. He is the one who has been willing to lower his vibration, so you can experience the grand joy of forgiveness. He has forgotten who he is, and so have you. It is time to love him deeply for the wonderful job he has done.”

I remember this so vividly as we walked the rainy streets of Portland, willing to look at this with new eyes. We both cried. We cried just remembering the truth of who her dad really is. And we also cried because a part of us knew that the shift we were engaging was taking place

in this new moment of now, and it would make a difference forever. Even though from the physical perspective nothing had changed (no phone call or correspondence saying “I’m sorry”), we knew it *did* change. We just didn’t know how or when we would see it in physical form.

Over the last two years this situation has slowly improved. A couple of weeks ago, I was aware that the physical had finally shifted completely. I was working in Angie’s yard in the afternoon, and realized that just a few hours before her dad had worked in this very yard. I felt so blessed that I just cried in the middle of the flowerbeds, and I was filled with goose bumps. I knew that this was the first time in 15 years that this child had both of her parents helping her on the same day. It felt so good to be working together “from our hearts” for Angie’s benefit. And since she had released him from providing an opportunity for her to forgive, he is now free to be a loving father in many wonderful ways. He is free to raise his vibration to it’s natural state of lightness and love.

Is there a “little soul” in your life who has served you well, and now it is time to remember who they are, because both of you have forgotten?

Chris Bryant is the Administrative Director and Corporate Secretary of The Soul-Esteem Center. Her spiritual messages are available in a line of handmade greeting cards. If you want to know more, you can call her at (314) 646-1196, or E-mail her at cardsbychris@mindspring.com.

“The Queen of Meta-Sizzle” Debbie Voltura

Comes to *The Gathering*
Sunday, October 1, 2000

“Debbie Voltura’s vocal style and song are thrilling and exhilarating. She soars like an eagle and her audience soars with her. Her work is healing, generates happy molecules and strengthens the immune system.”

- Deepak Chopra

Debbie will share with us her incredible talent, energy and songs with a message at the 10:00 am service. She will motivate, inspire and touch your heart and soul with her powerful voice that expresses the Truth that sets us free!

The Miracle of the Floating Fig

By Alan Cohen

I arrived at Harbin Hot Springs at two o'clock in the morning, tired and hungry. Quickly I found my way to the locker room, peeled off my clothes, and immersed myself in the soothing body-temperature mineral waters. Ahhhhhhhhh . . . Instantly I could feel my tired muscles, stiff and aching after a long day's travel, unwinding and absorbing the warmth of the healing waters. Silently I uttered a prayer of thanks for finding my way to this healing sanctuary. But there was still a problem: I was famished. I had not eaten for many hours and I had arrived without any provisions. I began to feel anxious about not being able to get anything to eat until the next day.

Then I looked around me and realized I was in a place of great beauty and well being. An all-night candle issued its mellow glow just above my head, while a mountain stream chanted a playful lullaby just a few yards from the pool. Surely God was in this place. Though I was alone, I was not alone spiritually. Somehow, I reasoned, I would be taken care of; even if I had to go without food for a while, my heart was full.

Just then my reveries were interrupted by something touching my lip—an object had floated toward me and bumped into my mouth. I reached to remove it and discovered it was a fresh fig! Can you imagine my surprise and delight to discover a sweet delicacy finding me in the middle of a hungry night? In rhythm with the grace of the moment I opened my mouth and received communion from providence—the tastiest fig I have ever enjoyed.

Then I looked up to find that I was sitting beneath a huge fig tree that spread its leafy limbs out over my entire section of the pool! Below the tree were many figs, freshly fallen, floating on the surface of the pool. I made a short round and collected a handful. Then I went on to enjoy a most treasured midnight snack.

This most significant experience has become a key metaphor for my life. It reminded me that wherever I am, God is. I am always taken care of, often in ways which I could not control or plan. The

The Spiritual Network

miracle fig arrived at the very moment I surrendered my sense of struggle and remembered that all was well. What better formula for abundant living?

Now I am recognizing that there are always figs (metaphorically speaking) wherever I go. *A Course in Miracles* asks us to remember, "I am content to be wherever He wishes, knowing He goes there with me." Perhaps Albert Einstein said it best: "There are only two ways to live your life: As if nothing is a miracle, or as if everything is a miracle."

My sense of awe is expanding daily; I am recapturing the wonder of childhood, which faded from my life when I was told that if I wanted something good to happen, I had to manipulate things to get it. Now I know that something good is always happening, and all I have to do is discover it.

Alan Cohen is the author of many popular inspirational books, including "The Dragon Doesn't Live Here Anymore," "I Had It All the Time," and "Rising in Love." Alan was the special guest of The Soul-Esteem Center for its third anniversary celebration on April 16, 2000. Check out Alan's web site at www.alancohen.com.

Rich Work and Ann Marie Groth

Authors of *Awaken to the Healer Within*
present

***Awaken to the Healer Within* Workshop**

Sunday, August 27

1:30 - 4:30 pm Tickets \$25

Mastery for Life Workshop

Monday, August 28

7:00 - 10:00 pm Tickets \$25

Both events will be at The Soul-Esteem Center
105 Progress Parkway, Maryland Heights
Call 314-576-5508 for more information.

The Healing Network

The Healing Network

Healing as a Spiritual Art

By Michelle Celeste Ries

For many people who are interested in nurturing themselves using holistic restorative methods, there is a wide range of “good for your body, mind and spirit” therapies now available. Nationally certified and licensed practitioners and apprentices are enthusiastic about meeting new clients in order to be of healing service to them. As therapists, we focus on working with the body via the many techniques of healing including intuitive, electrical, ethereal and magnetic therapies to name only a few. Each therapist usually finds that he or she resonates with certain methods and creatively applies them for each client, based on a multi-sensory evaluation of each health challenge.

We also use our knowledge of physical anatomy and science to co-create with the Infinite Intelligence, or Source, in order to affect actual physiological changes in the body, such as nutritive cell growth. This cell growth is accelerated due to circulation of chi (energy) and lymph fluids throughout the body, bringing fresh oxygenated blood to the systems, organs and tissues, while at the same time flushing out toxins and emotional and mental stresses.

Massage therapy, body work, energy work, and all other healing therapies that move the human being into a focused new now moment are immaculate, miracle happenings. Healing takes place instantaneously in the moment as the individual consciously recognizes and responds to Spirit as the underlying healing power. As nurturing therapists we then connect with the higher frequencies of spiritual guidance and continuously “clear” our auras, opening our senses to receiving pure, fresh Prana to share and transmute into pure healing energy.

There is a cycle of regeneration and healing in mind, body and spirit for both practitioner and client, as they interact with each other in this spiritual healing process. Both experience life compassionately and courageously as they set in motion the healing journey which is for the highest good of all persons involved. Suddenly, our lives are woven into this great tapestry of Unity as our willingness to connect with each other brings us peace, faith, love and ultimate aliveness.

Finally, through our desire for complete wholeness and supreme health for every sentient being in the universe, we are able to transcend to the next level of evolution. Through this spiritual art of healing hands, experienced during an hour of bliss and relaxation, one is ready to move through life’s challenges with a sense of inner peace as the client, or receiver, co-creates the uniqueness of the therapy with the practitioner and God.

We anticipate the wonderful opportunity to experience God’s loving energy with each new healing hands session.

Michelle Celeste Ries is a certified massage therapist, professional theatrical airbrush artist, and has a Bachelors in Fine Arts from the Kansas City Art Institute. She is available for healing hands massage at The Soul-Esteem Center offices by appointment only. She can be reached by at 314-495-8067, or by E-mail at yogi@bradfordsmithmusic.com.

**This information is so new
we’ll have to fill you in on the details later!
Neale Donald Walsch**

Author of *Conversations with God* books

Coming to

The Soul-Esteem Center on

Sunday, October 29, 2000

with his new book *Communion With God*.

**Meet Neale at *The Gathering*
and attend his afternoon workshop.**

All at the Westport Playhouse ...

... details to follow.

Let your hair down ... Relax your body and mind ...

Travel into the realms of Spirit.

Join us for an

Evening of Meditation

with Rev. Phylis

Thursday, June 22

7:30 - 9:30 pm

At The Soul-Esteem Center

105A Progress Parkway, Maryland Heights

Please sign-up at *The Gathering*

or by calling 314-576-5508

A Love Offering will be collected.

What is The Law of One?

By W. T. Samsel



The Healing Network

Where does one begin to explain something as complicated, and yet as simple, as the Law of One? Well, perhaps it is that something, which many people spend their entire lifetimes, trying to find. Maybe it is that something we are all looking for, without knowing what it is, or being able to define it. We remember it somehow, somewhere deep down inside. We have a longing for this, and search for it in the physical world.

We carry within ourselves, soul memory of it. Soul memory is very different from our brain's facility for memory, for it is at the very core of our being. It is who we are, our talents and abilities; it is our nature and motivations. If there is something missing in life, if the world around us doesn't make sense, could it be because the Law of One has been repressed throughout our recorded history? Could it be that the Law of One is the missing something in our lives, in our communities, in our civilization?

“A human being is a part of the whole, called by us the universe, limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest - a kind of optical delusion of his consciousness. This delusion is a prison, restricting us to our personal desires and to affection for a few persons close to us. Our task must be to free ourselves from our prison by widening our circle of compassion to embrace all humanity and the whole of nature in its beauty.” - Albert Einstein.

We all inherit the ability to communicate directly with Creator and the Spirit world. We need to realize this. By meditating and going within, we are able to tap into soul memory. We can raise individual consciousness from its entrapment in the mundane trivia of the material world, and we can reconnect with the Source! Therefore, each individual plays an important role in determining our future. The Spirit is the direct link to God, because it is a part of God, just as each drop of water is a part of the ocean. Spirit is a part of all creation, and is the link to greater knowledge of the All that Is. We can have a better understanding of our lives, of why we are here and what we are here to do. Meditation is the key! As a radio tunes into various frequencies of reception, so too does the conscious mind attune itself to

various vibrational frequencies, and other states of being. Once the inward journey has begun, what unfolds is awakening and understanding. What unfolds is the Law of One.

I believe the Law of One is the ultimate truth, that your heart and soul acknowledge deep within. By following and living the true principles of the Law of One, you will find what you have been searching for. You will attain peace and harmony within yourself, and with the world around you.

W. T. Samsel is author of "The Atlantis Connection," and currently resides in Sedona, Arizona. You can visit our website at www.soul-esteem.com, to read the full-length version of this article, or link to W. T. Samsel's website for information about his upcoming workshops, and to read more of his work.

Annual Picnic at Babler State Park Sunday, June 25

12:00 Noon - 6:00 pm

The Soul-Esteem Center will once again join with the Spiritual Enrichment Center for an afternoon filled with food, fun, games and music, music, music!

Bring a dish to share, and something to sit on.

We will provide barbecued hotdogs (meat and veggie) and ice cold lemonade. The rest is up to you!

Live music by Mitzi MacDonald, Brad Smith, Ernie Hayes and others!

Sign up at The Gathering, or call 314-576-5508

Freedom Eve Tailgate Party

Monday, July 3

6:00 - 10:00 pm

**on the parking lot and grounds at
The Soul-Esteem Center**

105 Progress Parkway
Maryland Heights

Bring food and drink to share, and lawn chairs.

Live music by Mitzi MacDonald, Brad Smith, Tim Mead and others!

The Relationship Network

The Relationship Network

The Dental Appointment

By Rich Work

“I would like to talk to an angel, please,” I demanded, speaking out loud.

“I am an angel.”

I was startled by the immediate response. “That was fast,” I said. “Where were you when I called?”

“Right here. I am with you all the time.”

“You are?” I said, surprised. “Who are you?”

“I am your guardian angel” it replied.

“Well, why haven’t you talked to me before to let me know you were here?”

“That is not my responsibility,” my guardian angel said. “I am here to assist you when you ask for assistance. It is your responsibility to become aware and recognize my presence.”

“If you are my guardian angel, that must mean you are supposed to protect me. Where were you last week when I was in heavy traffic and ran into that automobile in front of me? It caused a lot of damage to my car – and someone could have been hurt! Where were you then?”

“I rather enjoyed watching that,” said my guardian angel with amusement.

“What?” I exclaimed. “You *enjoyed* seeing me crash my automobile? Do you realize the expense that it caused me, the downtime of having my car repaired, including missing an appointment with my dentist? Do you have any idea how long it takes to get an appointment with a dentist?”

“Yes,” the guardian angel replied. “I enjoy watching you create and act out your dramas. I am not here to prevent you from creating your dramas. That is what you have come to experience. I am here to assist you, to offer you direction in your choices – but when and only when you ask for assistance. You are participating in the game of life, a game with free-will choice.”

“Well, I can tell you, I didn’t like the game when I crashed my automobile,” I said.

“Then change the rules,” said the angel. “Exercise your free-will choice. If crashing your automobile fails to bring you joy, invoke your free-will choice and

call forth into your life something that will. That is what we call reclaiming your mastery.”

“I have assisted you many times with your choices, although you might have been unaware of it.”

“But where were you when I crashed my automobile?” I persisted.

“I was with you,” replied my angel. “I was there to make sure that no one was injured. After all, you had no intention of injuring anyone else, let alone yourself.”

“My intention?” I was exasperated. “What do you mean, my intention? It was that idiot in front of me. If he hadn’t hit his brakes, none of this would have happened.”

I could hardly believe my ears. My guardian angel was *laughing!* “Why are you laughing? We’re talking serious stuff here,” I said, a little miffed.

The laughter became louder. I could hear a whole chorus of angels laughing! I had an audience.

“I fail to see the humor in all this,” I said.

Finally the laughter subsided and my guardian angel regained its composure and said, “Master, what was the last thought that went through your mind just before the accident?”

I thought hard. What in the world had I been thinking about? I was on my way to the dentist, I thought. “That’s it,” I said aloud. “That’s it. I was on the way to my dentist to have some molars extracted. All I could think about was the pain I would have to go through. My last thought was, ‘I would give anything if I didn’t have to go to the dentist today!’”

“Well?” questioned the angel.

“Well what?”

“Can you see that it was you who created your reality? That this beautiful soul – the one you call an idiot – cocreated your drama with you, stepping on his brakes and providing you the opportunity to miss your dental appointment?”

I was stunned. “You’ve got to be kidding. You mean that I created all that?”

“Yes, master, and everything else in your life. Thought is the most powerful energy in the universe. Be careful what you ask for – you are the master.”

From “God This is a Good Book!” by Rich Work. Rich Work and Ann Marie Groth will return to The SEC on August 27, and will present their workshop “Awaken to the Healer Within.” On August 28, they will conduct their “Mastery for Life” advanced workshop. See the details on page 7 of this publication.

Hearing and Listening

By Gary Zukav

The woman in the second row rose to speak. "My daughter had an accident when she was an infant. When I learned that she was deaf, it changed my life. Since that time, I devoted myself to supporting her in every way that I could. We sent her to special schools, and went to schools ourselves."

The woman continued, "Last year, when she graduated from high school, my fears arose again. I was worried about what her life would be like in college. I again began looking for ways to support her. But a few weeks later, she came to me. Taking my hands, she said, 'Mom, you're messing me up. I want you to learn to hear the way I do.'"

I was deeply touched, and I think everyone else in the retreat was, too. The daughter did not think of herself as disadvantaged. On the contrary, she did not like being shaped into her mother's image of her as a disadvantaged person. More than that, she had gifts to give to her mother (and to me) that she was longing to share.

The Relationship Network

Every life in Earth school is perfect, including your own, even if it is not the way that you think it ought to be. The daughter could have chosen to believe her loving mother, and pitied herself the way that her mother pitied her. She didn't. She chose to live her life, and to share the beauty of it.

What choices are you making about your life? Are you listening to what your life is telling you, or to what others are telling you about your life? The mother thought that her daughter couldn't hear, and she was worried about that. Her daughter wasn't worried. She wanted to be heard in her own way. Who was deaf? The daughter, or the mother? When the mother finally listened to her beloved daughter, she began to hear, too.

Gary Zukav is the best-selling author of "The Seat of the Soul", "The Dancing Wu Li Masters", and "Soul Stories." He is a graduate of Harvard University, and appears regularly on the Oprah Winfrey Show. Gary will be the guest speaker at The Gathering on November 19, 2000, and will conduct a four-hour workshop that same afternoon, at the St. Louis Airport Hilton.

The Soul-Esteem Center presents

Gary Zukav

November 19, 2000

Gary Zukav is the author of *The Seat of the Soul*, a #1 New York Times and #1 USA Today Best Seller, *The Dancing Wu Li Masters; An Overview of the New Physics*, winner of the American Book Award for Science, *Soul Stories*, his latest book, and is a frequent guest on the Oprah Winfrey Show.



Meet Gary at:

The Morning Spiritual Service

The Soul-Esteem Center Gathering

10:00 a.m. - At the St. Louis Airport Hilton

Gary's Topic: *Finding Your Soul's Purpose*

A Love Offering will be collected.

**Afternoon Workshop on
Spiritual Partnership**

2:00 - 6:00 p.m.

Reserved Seat Tickets \$95

**Special Music by
Guest Musician**

**Randall
Leonard**

Randall is a nationally known composer and concert performance artist with five recordings: *Angels in the Rain*, *Flutterbys*, *Melting Snow/Thirsty Flowers*, *Terra Angelica*, and *Pastorale for the Winged Ones*.

At the St. Louis Airport Hilton

10330 Natural Bridge Road, St. Louis, Missouri 63134

**Reservation Form
on Page 11 of this
publication.**

For more information, call (314) 576-5508

E-mail: soulmathnow@aol.com Website: www.Soul-Esteem.com

For hotel reservations call the Reservations Department at the St. Louis Airport Hilton at (314) 426-5500, and request the Soul-Esteem Center group rate (\$70) before October 18, 2000.

Perceptions

By Bradford Smith

Being a musician, I am aware that I have chosen a time-dependent art form as an expression of my experience here in Earth school. Being aware of time and tempo has been the most fundamental aspect of learning to express music throughout my training. Pitch is also important, but only when expressed at the right time.

When I am fully experiencing my expression of music, especially when playing an improvised solo, I notice that my normal perception of time seems to change. Time becomes a moldable dimension that opens up, inviting me in to experiment. I become connected. My perception expands and there is an abundance of resources with which to create what is channeling through me. I have just *zoomed in* on time and, instead of a straight line of four beats per measure, there is a floating series of events inside the beats.

Emotions flower up out of a cascade of notes, or a sustained note shines a beacon of illumination. Time expands as 32nd and 64th notes flow and take on their own individual identities that introduce me to the next note. The simplicity of a sustained note opens up to a study of tension, created by slight variations of intonation and vibrato, creating complex frequency beats that stimulate the unconscious mind.

Really this is all just a study of perspective of our awareness. You can examine a drop of pond water through a microscope, or expand time through the experience of music, or any activity that stimulates you to focus all your energies on being in the present moment. There is always a new perception inside of each perception. One might wonder... whose perception are we inside of?

Brad Smith shares his talents by composing, performing and recording music for the Native American flute, saxophone, flute and keyboards. He regularly performs at The Gathering. Brad has four recordings available called "New Dance", "Flute Affirmations", "Dream Your Dream" and "Eternal Power." You can E-mail Brad at Brad@Bradfordsmithmusic.com. His CDs and tapes are available at The Soul-Esteem Center.



Time Management Through Creative Visualization

By Joseph F. Lahue

Back in 1984, I found myself in a world filled with stress. I had a stressful job, I was enrolled in graduate school, and I was actively working on several large projects, which included learning to use a new PC and getting my pilot's license.

I asked the Universe how I could learn to *be* rather than be so focused on the things to *do*. The answer I received was to enroll in a time management class. I discovered one such class which changed my life in September of 1984 (taught by Time Masters, Inc.). The program focused on *time management through creative visualization*.

The first of the two phases of this program was to discover and tell the Universe what really matters to you. We often get so wrapped in the "things to do" that we lose sight of what is really important to us.

The second phase of this process involves creating that reality once a list of priorities is clearly defined. This can be done through creative visualization. The program suggests that you begin by writing down the end result you desire and then working your way backwards. This process of creative visualization will set the forces of nature in motion to give you what you truly desire.

Next, you need a plan to get there. While you are in a meditative state, write down all the steps you believe are required to achieve the desired state of being. Write down all the steps, regardless of how minor or cumbersome they may seem. Document the completion date for each step in your process. Finally, write down what obstacles you believe are in the way and meditate and document the solution to each obstacle. It is important to write down whatever comes to you in this meditative state. Through visualization we can create our realities.

This same visualization process can also be used in daily time management. Visualize the end-state. Define your successful outcome as clearly as possible. Write down all of the steps needed to achieve what you desire. And finally, prioritize what is most important.

By visualizing at the end of each day, we call upon the Universe to open doors and create opportunities to succeed. Ideas and synchronistic situations will come our

way once we visualize what we want. In order to stay focused we need to periodically refer to our daily plan, check off what has been done and focus on the next activity.

The final phase in our quest for effective time management is at the end of our workday. Again we need to center ourselves, review our plan, check off those activities which have been successfully accomplished and delete those activities which were not really important to us. The next step is to transfer those items, which did not get done, but are still important. They might be transferred to the next day or to the next week.

Visualize and become the person you truly wish to be. By meditating, centering, visualizing and prioritizing a few minutes, at key points throughout the day, you will create a plan which can be effectively managed. The key is to identify your goals, plan how you will reach them, and then execute this plan each day through creative visualization. By using this procedure of time management through creative visualization you will receive what you really want and be all you truly want to be.

Joseph F. Lahue is a spiritual channeller, student, teacher, writer, and photojournalist who began his mtetaphysical journey as a child. During his teens, he had three near death experiences. He is a second-degree Reiki Master, a life member of the Association for Research and Enlightenment, and an active participant at The Soul-Esteem Center.



See you at *The Gathering!*

Sundays, 10:00 am

105 Progress Parkway, Maryland Heights

The Indigo Child

Kryon as channelled by Lee Carroll

The Indigo child comes to Earth with an aspect you did not have. The child looks around at the world, and within the cellular level the child says, "This is right; I deserve to be here." Within the child's mind there is a feeling of deserving and belonging – even of purpose. There is no confusion, and nothing is hiding. All is well. There is peace in the birthing process, and when they arrive, they realize that they "expected" to be here. When they open their eyes and look into those of their mothers and fathers, they see the spiritual family they expected to see. You wonder why they often act like "royalty"? Until you show them otherwise, they see the king and queen in you!

Is it no wonder that as soon as they can talk, children often speak of where they've been or who they "were" before this time around? You see, they think you are aware, too. They have no concept that you might not be. After all, you are the wise ones who birthed them! It is often in the devastating realization of your ignorance of understanding in this matter that they go into withdrawal and social isolation.

There is an aspect of these children that you've not recognized yet. They have an attribute within their DNA imprint that you do not. They have an attribute of knowing, of having "been there and having done that."

Our responsibility? Know that the Indigos are different. Respect them, and try to understand how to raise them so they can create for us what Humanity has never been able to do – the realization of a peaceful Earth, filled with tolerance and a respect for all life.

From the Kryon Channels, Indianapolis, IN – June 1999 and Auckland, New Zealand – August, 1999. Lee Carroll and Kryon will appear at The SEC on July 23. Reserved seats \$85.

Registration for Gary Zukav Workshop Sunday November 19, 2000

Attach this form to your check, and mail to

The Soul-Esteem Center, 105A Progress Parkway, Maryland Heights, MO 63043, or turn in at *The Gathering*.

Reserve ___ seats for the Gary Zukav Workshop at \$95 each for a total of \$_____ (Include the name of each attendee)

Name(s) _____

Address _____ City, State, Zip _____ Phone _____

Indicate form of payment: ___ Check/M.O. ___ Visa ___ MasterCard ___ AMEX ___ Discover Exp. Date _____

Credit Card # _____ Cardholder's Signature _____

SEC Third Anniversary Celebration with Alan Cohen

By Linda Kluge

The Spirit and Essence of Aloha filled the Sunday service, seminar and banquet hall as we joined together in celebration of The Soul-Esteem Center's third anniversary. Guest speaker and renowned author, Alan Cohen, traveled from the sunny isle of Maui, Hawaii, to join us for the festivities. We were gifted with his message at *The Gathering*, his presence at our Luncheon, and an afternoon workshop that filled the auditorium to capacity.

Months of planning and preparation culminated in a perfectly centered and wonderful day. Listening to Alan Cohen was much like basking in the positive glow of our own weekly services. Rev. Phylis has often echoed Alan's words and quoted passages from his books. Yet, there is something special about sitting with the man himself, hearing his own perspectives, in his own words.

My notes, and listening to the workshop tapes, remind me of his loving challenge to take an honest look at the life we are all living. His probing questions include, "Does the life you are living match the one you came here to live?" And, "Have we acclimated to what we have gotten, instead of what we want?" Alan took us through several experiential exercises where we partnered with others in the workshop. It was a time of personal truths, introspection, trust and forward movement.

Alan is a proponent of forward movement... and of going on a Gratitude Rampage! He suggests that we call three people everyday and tell them how much they mean to us, for it is in these courageous acts of love that everything is brought to its fullest life energy. So, go forward my friends and love yourselves and others. And keep dipping into the well of knowledge and the abundant resource of good that The SEC provides for us!

Linda Kluge is an active participant in the Soul-Esteem Center, and is this year's Annual Picnic Team Leader. She is also a spiritual coach, and can be reached at (314) 739-3580 or E-mail at LKF777@aol.com.

Relieve stress ...
Set the forces of nature in motion
to fulfill your desires ...
Open the doors to opportunity and success.

Time Management Through Creative Visualization

with Joseph Lahue

Sunday, June 11

1:30 - 4:30 pm

At The Soul-Esteem Center

105A Progress Parkway

Maryland Heights

\$25

Please sign up at The Gathering or call 314-576-5508



The Cutting-Edge Quarterly
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The Soul-Esteem Center

Calendar of Events

Summer Schedule

For more information, call (314) 576-5508
Rev. Phylis Clay Sparks, Spiritual Director
Web Site: Soul-Esteem.com E-Mail: soulmathnow@aol.com
105A Progress Parkway, Maryland Heights, MO 63043

June, 2000

NOTE: All classes, meetings and events, unless otherwise indicated, will be at 105A Progress Parkway, Maryland Heights.

- Fri., June 2 **Reiki Share**, 7:00 pm
- Sun., June 4** **The Gathering**, 10:00 am, Topic: *Knock Knock Who's There?* by Rev. Phylis, Music: Mitzi MacDonald & Brad Smith
A Course in Miracles, 9:00 am **Picnic Planning Meeting**, 11:30 am - 12:00 Noon
Celestine Vision Discussion Group, 11:30 - 12:30 pm
- Tues., June 6 **Conflict Resolution Through the Power of Decision** (Class 4 of 5) with Dr. Royal Satterlee, 7:00-9:30 pm
Love Yourself at Any Size Discussion Group with Cecelia BonJour, 5:30 - 6:45
- Wed., June 7 **Book Study Group** at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (636) 230-3707
Reiki II with Pat Jordan and Cecelia BonJour, 7:00 - 9:30 pm
Jazz Festival at Missouri Botanical Garden, 7:30 pm (Meet us early)
- Fri., June 9 **Potluck and Metaphysical Movie** at the Sparks', 6:30 pm
- Sat., June 10 **Hiking at Castlewood State Park**, 5:00 pm, Call Chris Bryant for details at (314) 576-5508
- Sun., June 11** **The Gathering**, 10:00 am, Topic: *Psychic Archeology*, by Rev. Phylis, Music: Brad Smith & Martin Orimenko
A Course in Miracles, 9:00 am **Prayer Circle with Healing Hands**, 11:30 am - 12:00 Noon
Time Management Through Creative Visualization with Joseph Lahue, 1:30 - 4:30 pm \$25
- Tues., June 13 **Conflict Resolution Through the Power of Decision** (Class 5 of 5) with Dr. Royal Satterlee, 7:00-9:30 pm
Love Yourself at Any Size Discussion Group with Cecelia BonJour, 5:30 - 6:45
- Wed., June 14 **Jazz Festival** at Missouri Botanical Garden, 7:30 pm (Meet us early)
- Sun., June 18** **Happy Father's Day!**
The Gathering, 10:00 am, Topic: *Are You a Frayed Knot?*, by Rev. Phylis, Music: Bob Dill & Georgy Rock
A Course in Miracles, 9:00 am **Questions & Answers** with Rev. Phylis, 11:30 am - 12:00 Noon
Love Yourself at Any Size Discussion Group with Cecelia BonJour, 5:30 - 6:45
- Tues., June 20 **Book Study Group** at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (314) 230-3707
- Wed., June 21 **Jazz Festival** at Missouri Botanical Garden, 7:30 pm (Meet us early)
- Thurs., June 22 **Meditation Evening** with Rev. Phylis, 7:30 - 9:30 pm
- Sat., June 24 **Walking at Missouri Botanical Gardens**, 6:00 pm, call Chris for details, (314) 576-5508
- Sun., June 25** **The Gathering**, 10:00 am, Topic: *There's More at the Store*, by Rev. Phylis, Music: Brad Smith & Mitzi MacDonald
A Course in Miracles, 9:00 am
Picnic at Babler State Park, 12:00 Noon - 6:00 pm (Lunch at 1:00 pm) Bring a dish and a chair.
Love Yourself at Any Size Discussion Group with Cecelia BonJour, 5:30 - 6:45
- Tues., June 27 **Jazz Festival** at Missouri Botanical Garden, 7:30 pm (Meet us early)
- Wed., June 28 **Jazz Festival** at Missouri Botanical Garden, 7:30 pm (Meet us early)

July, 2000

- Sun., July 2** **The Gathering**, 10:00 am, Topic: *An American Awakening*, Rev. Phylis, Music: Brad Smith & Tim Mead
A Course in Miracles, 9:00 am **Visioning** with Rev. Phylis, 11:30 am - 12:00 Noon
- Mon., July 3 **Freedom Eve Tailgate Party**, 6:00 - 10:00 pm at 105 Progress Parkway, Maryland Heights
- Wed., July 5 **Book Study Group** at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (314) 230-3707
Jazz Festival at Missouri Botanical Garden, 7:30 pm (Meet us early)
- Fri., July 7 **Reiki Share**, 7:00 pm
- Sat., July 8 **Hiking at Mastodon State Park**, 5:00 pm, call Chris for details (314) 576-5508
- Sun., July 9** **The Gathering**, 10:00 am, Topic: *Velcro Relationships*, by Rev. Phylis, Music: Brad Smith & Mitzi MacDonald
A Course in Miracles, 9:00 am **Prayer Circle with Healing Hands**, 11:30 am - 12:00 Noon
- Sun., July 16** **The Gathering**, 10:00 am, Topic: *Lights Are On But Nobody's Home* by Rev. Phylis, Music: Bob Dill & Georgy Rock
A Course in Miracles, 9:00 am **Questions & Answers** with Rev. Phylis, 11:30 am - 12:00 Noon
- Wed., July 19 **Book Study Group** at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (314) 230-3707
- Sat., July 22 **Walking at Shaw Arboretum**, 2:00 pm, call Chris for details (314) 576-5508
- Sun., July 23** **The Gathering**, 10:00 am, Topic: *Energy-Synergy*, Rev. Phylis, Music: Brad Smith & Friends
A Course in Miracles, 9:00 am
Lee Carroll channells Kryon, 2:00 - 6:00 pm \$85
- Sun., July 30** **The Gathering**, 10:00 am, Topic: *There's No Business Like Soul Business*, by Rev. Phylis, Music: Mitzi MacDonald
A Course in Miracles, 9:00 am **Prayer Circle with Healing Hands**, 11:30 am - 12:00 Noon

The Soul-Esteem Center 2000 Calendar of Events

For more information, call (314) 576-5508

Rev. Phylis Clay Sparks, Spiritual Director

Web Site: Soul-Esteem.com E-Mail: soulesteem@aol.com

105 Progress Parkway, Maryland Heights, MO 63043

August, 2000

NOTE: All classes, meetings and events, unless otherwise indicated, will be at 105A Progress Parkway, Maryland Heights.

- Wed., Aug. 2 **Book Study Group**, at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (314) 230-3707
- Fri., Aug. 4 **Reiki Share**, 7:00 pm (\$10)
- Sat., Aug. 5 **Walking at the St. Louis Zoo**, 9:00 am, call Chris for details at (314) 576-5508
- Sun., Aug. 6 **The Gathering**, 10:00 am, Topic: *Sizzlin' With Spirit*, by Rev. Phylis, Music: Brad Smith & Mitzi MacDonald
A Course in Miracles, 9:00 am **Prayer Circle with Healing Hands**, 11:30 am - 12:00 Noon
- Sun., Aug. 13 **The Gathering**, 10:00 am, Topic: *Are You Suffering from Truth Decay?*, by Rev. Phylis, Music: Bob Dill, Georgy Rock
A Course in Miracles, 9:00 am **Q & A with Rev. Phylis**, 11:30 - 12:00 Noon
- Wed., Aug. 16 **Book Study Group**, at Barbara Eckard's, 7:00 pm, 203 Lark Hill Lane, Ballwin (314) 230-3707
- Sat., Aug. 19 **Hiking at Maramec Springs Park**, 9:00 am, call Chris for details at (314) 576-5508
- Sun., Aug. 20 **The Gathering**, 10:00 am, Topic: *Use Mental Floss Daily*, Rev. Phylis
A Course in Miracles, 9:00 am **Prayer Circle with Healing Hands**, 11:30 am - 12:00 Noon
- Sun., Aug. 27 **The Gathering**, 10:00 am, Topic: *The Healing Feeling*, by Rev. Phylis, Music by Brad Smith & Friends
A Course in Miracles, 9:00 am
Awaken to the Healer Within Workshop with Rich Work and Ann Marie Groth, 1:30 - 4:30 pm (\$25)
Mastery for Life Workshop with Rich Work and Ann Marie Groth, 7:00 - 10:00 pm (\$25)
- Mon., Aug. 28

A Summary of the Big Events to Look Forward To!

- Sun., July 23 **Kryon** returns to The Soul-Esteem Center, 2:00 - 6:00 pm (\$85)
- Sun., Aug. 27 **Healers Rich Work and Ann Marie Groth**, at *The Gathering*, and
Awaken the Healer Within Workshop 1:30 - 4:30 pm (\$25)
- Mon., Aug. 28 **Mastery for Life Workshop** with Rich Work and Ann Marie Groth, 7:00 - 10:00 pm (\$25)
- Sun., Oct. 1 **Debbie Voltura**, guest speaker and singer, at *The Gathering* 10:00 am
- Sun., Oct. 29 **Neale Donald Walsch**, author of *Conversations with God* books, at *The Gathering* and afternoon workshop at Westport Playhouse - Details to follow.
- Sun., Nov. 19 **Gary Zukav**, author of *Seat of the Soul*, at *The Gathering* and
Spiritual Partnership Workshop at St. Louis Airport Hilton, 2:00 - 6:00 pm (\$95)

A Course in Miracles Study Group

Every Sunday, 9:00 am
at 105 Progress Parkway
Maryland Heights, MO

Reiki Share

7:00 pm, Every 1st Friday

Join us for a friendly evening in a casual atmosphere. Enjoy socializing, meditation, Reiki healing and sharing.

Book Study

1st and 3rd Wednesdays

7:00 pm at Barbara Eckard's
203 Lark Hill Lane, Ballwin
(314) 230-3707 (No cost)

Summer Outdoor Activities Schedule

- Sat., June 10 Hiking, Castlewood State Park, 5:00 pm
- Sat., June 24 Walking, Missouri Botanical Gardens, 6:00 pm
- Sat., July 8 Hiking, Mastodon State Park, 5:00 pm
- Sat., July 22 Hiking, Shaw Arboretum, 2:00 pm
- Sat., Aug. 5 Walking, St. Louis Zoo, 9:00 am
- Sat., Aug. 19 Hiking, Maramec Springs Park, 9:00 am
- Sat., Sept. 9 Biking, Katy Trail State Park, 10:00 am
- Sat., Sept. 23 Hiking, Hawn State Park, 12:00 Noon

Summer Social Events

- Fri., June 9 Metaphysical Movie Night
Potluck at 6:00 pm at the Sparks'
- Wed., June 7 Jazz Festival, Botanical Gardens, 7:30 pm
- Wed., June 14 Jazz Festival, Botanical Gardens, 7:30 pm
- Wed., June 21 Jazz Festival, Botanical Gardens, 7:30 pm

- Sun., June 25 Picnic at Babler, 12:00 Noon
- Wed., June 28 Jazz Festival, Botanical Gardens, 7:30 pm
- Mon., July 3 Freedom Eve Tailgate Party
6:00 - 10:00 pm at the SEC
- Wed., July 5 Jazz Festival, Botanical Gardens, 7:30 pm



See you at *The Gathering!*

Sundays, 10:00 am

105 Progress Parkway, Maryland Heights